OMRON



EN Instruction Manual
IT Instruzioni per l'uso
DE Gebrauchsanweisung
FR Mode d'emploi
NL Gebruiksaanwijzing
ES Manual de instrucciones
RU Руководство по эксплуатации
AR كتيب الإرشادات
BG Наръчник с инструкции
CS Návod k obsluze
DA Brugsanvisning
EL Εγχειρίδιο Οδηγιών
ET Kasutusjuhend
FI Käyttöohje
HR Upute za korištenje
HU Használati útmutató
LT Naudojimo instrukcija
LV Lietošanas instrukcija
NO Bruksanvisning
PL Instrukcja obsługi
PT Manual de Instruções
RO Manual de utilizare
SL Navodila za uporabo
SK Návod na obsluhu
SV Instruktionsmanual
TR Kullanma Kılavuzu

HN286
Digital Personal Scale

All for Healthcare

IM-HN-286-E-02-10/2011
5329447-7B



![OMRON]

EN Thank you for purchasing the OMRON Digital Personal Scale. Before using this scale for the first time, please be sure to read this Instruction Manual carefully and use the scale safely and properly. Please keep this Instruction Manual at hand all the time for future reference.

IT Grazie per aver acquistato la bilancia pesapersone digitale OMRON. Prima di utilizzare per la prima volta l'unità, leggere attentamente il presente manuale di istruzioni; utilizzare sempre l'unità correttamente e in piena sicurezza. Tenere sempre a portata di mano il manuale di istruzioni per farvi riferimento in futuro.

DE Vielen Dank, dass Sie sich für die OMRON Digitale Personenwaage entschieden haben. Lesen Sie bitte aufmerksam die Gebrauchsanweisung, bevor Sie diese Waage zum ersten Mal verwenden, und behandeln Sie die Waage vorsichtig und sachgemäß. Bitte bewahren Sie diese Gebrauchsanweisung jederzeit griffbereit für die künftige Verwendung auf.

FR Merci d'avoir acheté la balance personnelle numérique OMRON. Avant la première utilisation, lisez attentivement le présent mode d'emploi afin d'utiliser la balance correctement et en toute sécurité. Conservez ce mode d'emploi à portée de main en permanence pour vous y référer ultérieurement.

NL Hartelijk dank voor het aanschaffen van de OMRON Digitale personenweegschaal. Lees voordat u deze weegschaal voor het eerst gebruikt de gebruiksaanwijzing zorgvuldig door en gebruik de weegschaal veilig en op de juiste manier. Houd deze gebruiksaanwijzing bij de hand, zodat u deze later kunt raadplegen.

ES Gracias por adquirir la báscula personal digital OMRON. Antes de utilizar esta báscula por primera vez, asegúrese de leer atentamente este manual de instrucciones y utilizar la báscula de un modo correcto y seguro. Mantenga este manual de instrucciones a mano en todo momento para futuras consultas.

RU Благодарим за приобретение персональных цифровых весов OMRON. Перед первым использованием прибора внимательно прочтите руководство по эксплуатации и используйте прибор в соответствии с инструкциями. Сохраните данное руководство и обращайтесь к нему по мере необходимости.

AR شكراً لشرائكم الميزان الشخصي الرقمي من OMRON. قبل استخدام الجهاز لأول مرة، يُرجى قراءة كتيب التعليمات بعناية واستخدام الجهاز بالطريقة السليمة واللائقة الموصى بها. يُرجى الاحتفاظ بكتيب الإرشادات هذا في متناول اليد للرجوع إليه مستقبلاً.

BG Благодарим ви за покупката на цифровия персонален кантар на OMRON. Преди да започнете да използвате кантара, моля, внимателно прочетете това ръководство с инструкции и използвайте кантара по безопасен и правилен начин. Моля, пазете това ръководство с инструкции на удобно място за бъдеща справка.

CS Děkujeme vám, že jste si koupili digitální osobní váhu OMRON. Před prvním použitím váhy si prosím pečlivě přečtěte tento návod k obsluze, abyste mohli váhu používat správně a bezpečně. Mějte prosím návod k obsluze vždy po ruce, abyste do něj mohli kdykoli nahlédnout.

DA Tillykke med din nye digitale OMRON-badevægt. Før du bruger vægten første gang, bedes du læse denne brugsanvisning omhyggeligt og bruge vægten sikkert og korrekt. Gem brugsanvisningen til senere brug.

EL Σας ευχαριστούμε που αγοράσατε την Ψηφιακή ζυγαριά μπάνιου της OMRON. Πριν χρησιμοποιήσετε αυτήν τη ζυγαριά για πρώτη φορά, παρακαλούμε φροντίστε να διαβάσετε αυτό το Εγχειρίδιο οδηγιών με προσοχή και να χρησιμοποιήσετε τη ζυγαριά σωστά και με ασφάλεια. Φυλάξτε αυτό το Εγχειρίδιο οδηγιών για μελλοντική αναφορά.

ET Täname teid OMRONi digitaalse personaalkaalu ostu eest. Enne kaalu esmakordset kasutamist lugege hoolikalt läbi käesolev kasutusjuhend ning kasutage kaalu ohutult ja nõuetekohaselt. Hoidke käesolevat kasutusjuhendit alati käepärast edaspidiseks kasutamiseks.

FI Kiitämme OMRON:in digitaalisen henkilövaa'an ostamisesta. Lue tämä käyttöohje huolellisesti ennen vaa'an käyttöä, jotta osaat käyttää vaakaa turvallisesti ja oikein. Pidä käyttöohje aina käsillä myöhempää tarvetta varten.

HR Zahvaljujemo Vam što ste kupili digitalnu osobnu vagu OMRON. Prije prve uporabe vage pažljivo pročitajte ove Korisničke upute te vagu koristite sigurno i na ispravan način. Ove Korisničke upute imajte pri ruci za ubuduće.

HU Köszönjük, hogy az OMRON digitális szobamérleget választotta. Mielőtt használatba venné a mérleget, feltétlenül olvassa el alaposan a használati utasítást, és használja biztonságosan és rendeltetésszerűen a mérleget. Tartsa mindig kéznél a használati utasítást, hogy később referenciaként használhassa.

LT Dėkojame, kad įsigijote „OMRON" skaitmenines asmenines svarstykles. Prieš naudojimą atidžiai perskaitykite naudojimo instrukciją, tada saugiai ir tinkamai naudokite svarstykles. Naudojimo instrukciją visada laikykite po ranka, kad galėtumėte atsiversti vos tik prireikus.

LV Pateicamies, ka iegādājāties OMRON personiskos digitālos svarus. Pirms svaru lietošanas, lūdzu, uzmanīgi izlasiet lietošanas instrukciju, lai varētu pareizi izmantot ierīci. Lūdzu, saglabājiet šo lietošanas instrukciju plašākas informācijas ieguvei nākotnē.

NO Takk for at du har kjøpt denne digitale personvekten fra OMRON. Les nøye gjennom denne brukerveiledningen før du bruker vekten for første gang, og pass på at du bruker den riktig. Ta vare på denne brukerveiledningen, slik at du kan slå opp i den når du trenger det.

PL Dziękujemy za zakup osobistej wagi cyfrowej OMRON. Przed pierwszym użyciem wagi należy dokładnie przeczytać niniejszą instrukcję obsługi i stosować się do zawartych w niej informacji. Instrukcję tę należy zachować w pobliżu wagi w celach referencyjnych.

PT Obrigado por ter adquirido a balança pessoal digital da OMRON. Antes de utilizar esta balança pela primeira vez, leia cuidadosamente o presente manual de instruções e utilize a balança de forma segura e adequada. Guarde este manual de instruções num local acessível para consulta futura.

RO Vă mulţumim pentru achiziţia cântarului digital personal OMRON. Înainte de a utiliza acest cântar pentru prima dată, citiţi cu atenţie acest Manual de Instrucţiuni şi utilizaţi cântarul corect şi în condiţii de siguranţă. Păstraţi acest Manual de Instrucţiuni în permanenţă la îndemână, pentru consultări ulterioare.

SL Zahvaljujemo se vam za nakup digitalne osebne tehtnice OMRON. Pred prvo uporabo tehtnice pazljivo preberite ta priročnik z navodili, da boste tehtnico uporabljali varno in pravilno. Prosimo vas, da ta priročnik z navodili shranite na dosegu za prihodnjo uporabo.

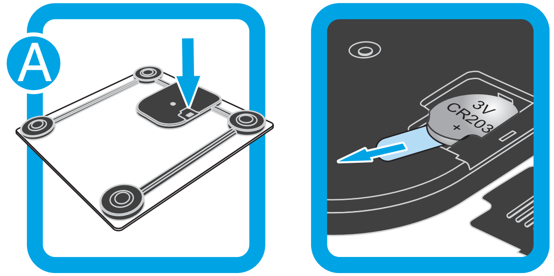
SK Ďakujeme Vám, že ste si kúpili digitálnu osobnú váhu OMRON. Pred prvým použitím tejto váhy si dôkladne prečítajte tento návod a váhu používajte predpísaným spôsobom a v zmysle uvedených bezpečnostných pokynov. Tento návod majte stále pre prípad potreby pri ruke.

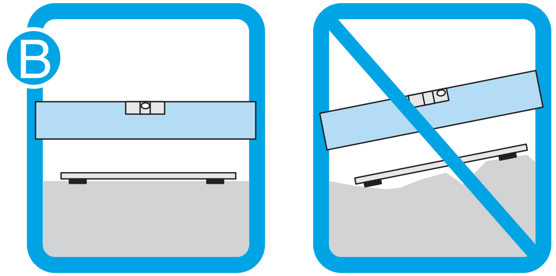
SV Tack för att du valde OMRON digital personvåg. Innan du använder vågen för första gången bör du läsa igenom användarhandboken noga så att du använder vågen säkert och på rätt sätt. Spara alltid användarhandboken så att den finns tillhands för framtida behov.

TR OMRON Dijital Kişisel Tartısını satın aldığınız için teşekkürler. Bu üniteyi kullanmadan önce, bu Kullanım Kılavuzunu dikkatli bir şekilde okuyun ve üniteyi güvenli ve talimatlara uygun şekilde kullanın. Bu Kullanım Kılavuzunu daha sonra başvurmak üzere ulaşabileceğiniz bir yerde saklayın.

1

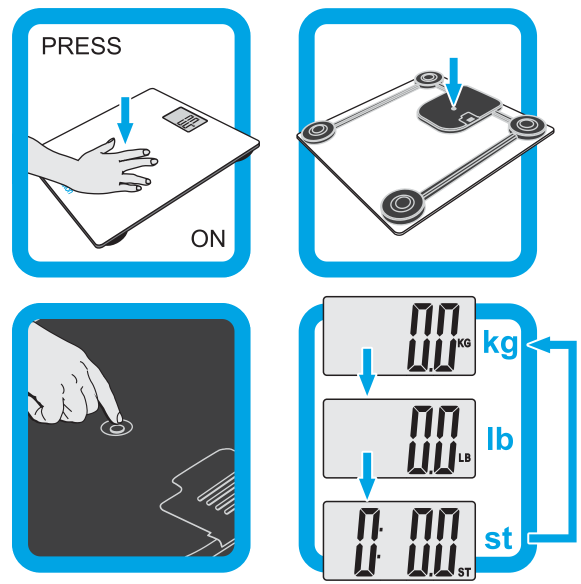
EN Starting
IT Avvio
DE Inbetriebnahme
FR Mise en service
NL Ingebruikname
ES Puesta en marcha
RU Начало эксплуатации
AR البدء
BG Стартиране
CS Zapnutí přístroje
DA Start
EL Πριν από τη χρήση
ET Alustamine
FI Käynnistys
HR Započinjanje
HU Használatba vétel
LT Įjungimas
LV Lietošanas sākšana
NO Starte
PL Włączanie
PT Iniciar
RO Pornire
SL Začetek
SK Uvedenie do činnosti
SV Börja använda
TR Başlangıç





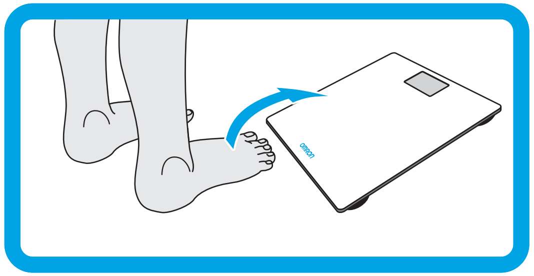
2

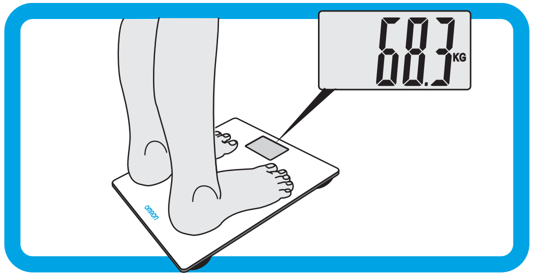
EN Unit switch kg/lb/st
IT Cambio unità kg/lb/st
DE Einheitenumstellung kg/lb/st
FR Changement d'unités kg/lb/st
NL Eenheid wijzigen (kg/lb/st)
ES Cambio de unidad a kg/lb/st
RU Переключение единицы измерения (кг/фунт/стоун)
AR تبديل الوحدة كجم/رطل/حجر
BG Превключване на единици кг/lb/st
CS Přepínání jednotek kg/lb/st
DA Enhedsvælger kg/lb/st
EL Διακόπτης μονάδας kg/lb/st
ET Kaaluühikute muutmine kg/lb/st
FI Yksikköjen vaihto kg/lb/st
HR Promjena jedinica kg/lb/st
HU Mértékegység váltása: kg/lb/st
LT Matavimo vienetų jungiklis kg / lb / st (kilogramų / svarų / stonų)
LV Mērvienības slēdzis kg/lb/st (kilogrami/mārciņas/stouni)
NO Bytte måleenhet kg/lb/st
PL Przełączanie jednostek kg/lb/st
PT Interruptor da unidade kg/lb/st
RO Comutator unităţi de măsură kg/lb/st
SL Preklop med kg/lb/st
SK Nastavenie jednotky kg/lb/st
SV Växla enhet kg/lb/st
TR Birim değişimi kg/lb/st

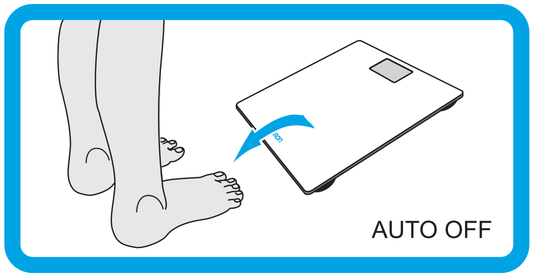


3

EN Weighing
IT Controllo del peso
DE Wiegen
FR Pesée
NL Wegen
ES Cómo pesarse
RU Взвешивание
AR الوزن
BG Претегляне
CS Vážení
DA Vejning
EL Ζύγισμα
ET Kaalumine
FI Punnitus
HR Vaganje
HU Súlymérés
LT Svėrimas
LV Svēršanās
NO Veie
PL Ważenie
PT Pesagem
RO Cântărire
SL Tehtanje
SK Váženie
SV Vägning
TR Ağırlık ölçümü





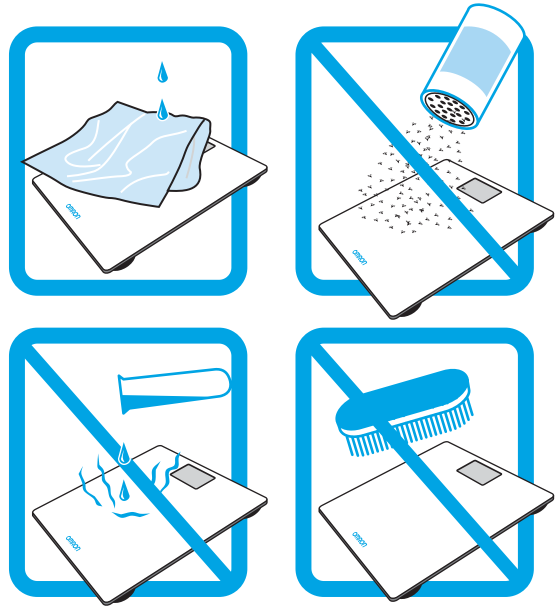


EN Don't move scale just before weighing, because weighing results may be affected.
IT Non spostare la bilancia appena prima di pesarsi, in quanto ciò potrebbe influire sulla misurazione del peso.
DE Waage kurz vor dem Wiegen nicht mehr bewegen, da ansonsten die Messergebnisse beeinträchtigt werden.
FR Ne déplacez pas la balance juste avant la pesée, car les résultats pourraient être faussés.
NL Verplaats de weegschaal niet net voor gebruik, omdat dit de weegresultaten kan beïnvloeden.
ES No mueva la báscula justo antes de pesarse ya que los resultados del peso podrían variar.
RU Не двигайте прибор перед взвешиванием, в противном случае это может повлиять на результаты измерений.
AR لا تحرك الجهاز قبل القياس مباشرةً، حيث قد يؤثر هذا على نتائج قياس الوزن.
BG Не местете кантара непосредствено преди претегляне, тъй като това може да повлияе на резултатите.
CS Váhou těsně před vážením nehýbejte, mohlo by dojít k ovlivnění výsledků vážení.
DA Flyt ikke vægten lige før vejning, det kan påvirke resultaterne.
EL Μη μετακινήσετε τη ζυγαριά λίγο πριν το ζύγισμα, καθώς μπορεί να επηρεαστούν τα αποτελέσματα του ζυγίσματος.
ET Ärge liigutage kaalu vahetult enne kaalumist, kuna see võib mõjutada kaalumise tulemust.
FI Älä siirrä vaakaa juuri ennen punnitusta, se saattaa vaikuttaa tuloksiin.
HR Vagu nemojte pomicati neposredno prije vaganja jer to može utjecati na rezultate vaganja.
HU Ne helyezze át közvetlenül mérés előtt a mérleget, mert az befolyásolhatja a mérési eredményt.
LT Prieš sverdamiesi, nejudinkite svarstyklių, nes rezultatai gali būti netikslūs.
LV Pirms svēršanās nekustiniet svarus, jo tas var ietekmēt svēršanās rezultātus.
NO Ikke flytt vekten rett før du skal veie deg, det kan påvirke måleresultatet.
PL Nie należy przestawiać wagi tuż przed ważeniem, ponieważ może to wpłynąć na wynik ważenia.
PT Não mova a balança antes da pesagem, porque os resultados da mesma podem ser afectados.
RO Nu deplasaţi cântarul imediat înainte de cântărire, deoarece rezultatele cântăririi pot fi afectate.
SL Tik pred tehtanjem tehtnice ne premikajte, saj to lahko vpliva na rezultat tehtanja.
SK Váhou bezprostredne pred vážením nehýbte, lebo by to mohlo ovplyvniť výsledok merania.
SV Flytta inte vågen precis före vägning, eftersom det kan påverka vägningsresultaten.
TR Tartmadan önce tartıyı hareket ettirmeyin, çünkü tartı sonuçları etkilenebilir.

4

Notes on Safety

- (EN) Cleaning
- (IT) Pulizia
- (DE) Reinigung
- (FR) Nettoyage
- (NL) Reiniging
- (ES) Limpieza
- (RU) Очистка
- (AR) التنظيف
- (BG) Почистване
- (CS) Čištění
- (DA) Rengøring
- (EL) Καθαρισμός
- (ET) Puhastamine
- (FI) Puhdistus
- (HR) Čišćenje
- (HU) Tisztítás
- (LT) Valymas
- (LV) Tīrīšana
- (NO) Rengjøring
- (PL) Czyszczenie
- (PT) Limpeza
- (RO) Curăţare
- (SL) Čiščenje
- (SK) Čistenie
- (SV) Rengöring
- (TR) Temizleme



Symbols and definitions are as follows:

⚠ **Warning:** Improper use may result in possible death or serious injury.

⚠ **Caution:** Improper use may result in injury or property damage.

⚠ **Warning:**
- Never start weight reduction or exercise therapy without the instructions of a doctor or specialist.
- Do not use the scale on slippery surfaces, such as a wet floor.
- Keep the scale out of the reach of young children.
- Do not jump onto the scale, or hop up and down on the scale.
- Do not use this scale when your body and/or feet are wet, such as after taking a bath.
- Do not step on the edge or display area of the scale.
- People with disabilities, or who are physically frail, should always be assisted by another person when using this scale. Use a handrail or so when stepping on the scale.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.
- Do not put your fingers into any slot or inside the scale.
- Use indoors.
- Do not use for purposes other than taking weight.

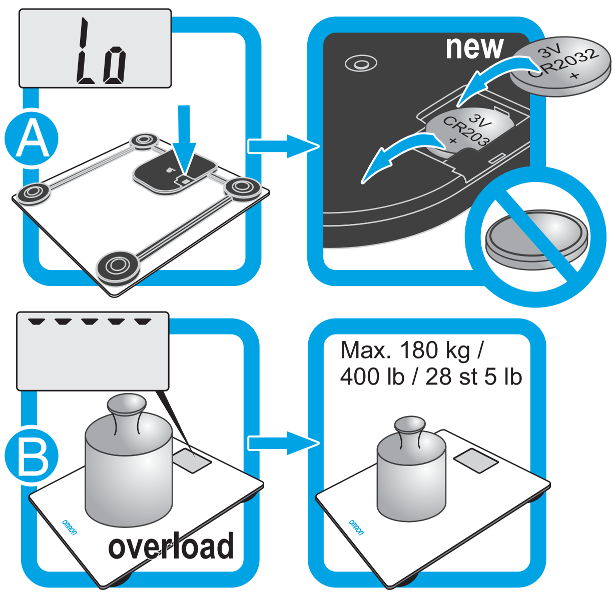
⚠ **Caution:**
- Approved for human use only.
- The scale is slippery glass, be carefully of falling.
- Always clean the scale before use when using the unit with people with a skin disease on foot.
- Do not store in locations that exposed to chemicals or corrosive vapours.
- Please read this instruction manual carefully before use and for further information on the individual functions.
- Do not place the scale against the wall. May cause injured and malfunction.
- Do not disassemble, repair, or remodel the scale.
- Do not use battery not specified for this scale. Do not insert the battery with the polarities in the wrong direction.
- Replace worn battery with a new one immediately.
- Do not dispose of batteries in fire.
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Remove the battery from this scale when you are not going to use it for a long period of time (approximately three months or more).
- This scale is intended for home use only. It is not intended for use in hospitals or other medical facilities. It does not support the quality standards required for professional use.

General Advice:
- For correct measurements:
  - Please store this scale on level ground.
  - Do not place this scale on a cushioned floor surface such as on a carpet or a mat.
  - Do not store any objects on the platform.

5

Technical Data

- (EN) Messages
- (IT) Messaggi
- (DE) Meldungen
- (FR) Messages
- (NL) Meldingen
- (ES) Mensajes
- (RU) Индикация на дисплее
- (AR) الرسائل
- (BG) Съобщения
- (CS) Hlášení
- (DA) Meddelelser
- (EL) Μηνύματα
- (ET) Teated
- (FI) Huomautuksia
- (HR) Poruke
- (HU) Üzenetek
- (LT) Užrašai ekrane
- (LV) Ziņojumi
- (NO) Meldinger
- (PL) Komunikaty
- (PT) Mensagens
- (RO) Mesaje
- (SL) Sporočila
- (SK) Indikácie na displeji
- (SV) Meddelanden
- (TR) Mesajlar



Name	HN286 (HN-286-E)
Product	Digital Personal Scale
Display	0 ~ 180 kg 0.1 kg 0~400 lb: 0.2 lb 0~28 st 5 lb: 0.2 lb
Weight Accuracy	5.0 to 60.0 kg: ± 0.4 kg 60.1 to 100.0 kg: ± 0.6 kg 100.1 to 180.0 kg: ± 1%
Power Supply	One CR2032 battery (test battery is included)
Battery Life	Approximately 1 year (when scale is used for 4 measurements a day)
Operating Temperature / Humidity	+5°C to +35°C, 30% to 85% RH
Storage Temperature/ Humidity/Air Pressure	-20°C to +60°C, 10% to 95% RH, 700 hPa - 1060 hPa
Weight	Approximately 1.5 kg (battery included)
External Dimensions	Approximately 300 (W) × 18 (H) × 300 (D) mm
Package Contents	Digital Personal Scale, one CR2032 battery for test use of the scale, instruction manual

Note: Subject to technical modification without prior notice.

This device fulfills the provisions of the EMC Directive 2004/108/EC. CE

OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 years after date of purchase.
The guarantee does not cover battery, packaging and/or damages of any kind due to misusage (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original invoice / cash ticket.

Correct Disposal of this Product (WEEE) and Battery

This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.

EU

This product does not contain any hazardous substances. This symbol on batteries or on it's packaging indicates that the disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries. Batteries are not a part of your regular household waste. You must return batteries to your municipality's public collection or wherever batteries of the respective type are being sold.

Addresses

Manufacturer	**OMRON HEALTHCARE Co., Ltd.** 53, Kunotsubo, Terado-cho, Muko, Kyoto, 617-0002 JAPAN
EU-representative EC REP	**OMRON HEALTHCARE EUROPE B.V.** Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS www.omron-healthcare.com
Subsidiary	**OMRON HEALTHCARE UK LTD.** Opal Drive, Fox Milne, Milton Keynes, MK15 0DG, U.K.
	OMRON MEDIZINTECHNIK HANDELSGESELLSCHAFT mbH John-Deere-Str. 81a, 68163 Mannheim, GERMANY www.omron-medizintechnik.de
	OMRON SANTÉ FRANCE SAS 14, rue de Lisbonne, 93561 Rosny-sous-Bois Cedex, FRANCE

Made in China